

Kanaloa - Box 4

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Kanaloa is one of the four major deities in traditional Hawaiian mythology, ruling as the god of the deep ocean, long-distance voyaging, and marine life. Frequently paired with his complementary counterpart Kāne, they represent a balance of wild and taming forces who, according to legend, traveled the islands creating fresh water springs. Kanaloa is deeply connected to navigation and ocean currents, making him a vital figure for ancient Pacific voyagers who relied on his guidance across the open sea.

A defining aspect of Kanaloa is his ability to manifest physically through kinolau, or multiple earthly forms. His most sacred and primary animal form is the *ʻŀ* (squid), which represents the deep, dark mysteries of the ocean and the power of transformation. He is also embodied by large marine mammals like whales and dolphins, powerful predators like sharks and stingrays, and long-distance seabirds that navigators used to find land.

This box was made especially for my aunt Angela, with whom I embarked on an adventure to Hawaii. You can read more about Angie at [this post](#).

As Angie is now adventuring in the otherworld, her daughter, my beloved cousin, Sarah, is now taking care of the box.